

IN FOCUS

The Official Publication
of the Jamaican
Canadian Association

August 2000

SERVING THE BLACK AND CARIBBEAN COMMUNITY FOR OVER 37 YEARS



Left to Right: Michael Lindsay,

Alton Telfer, Herman Stewart, Hon.

Lincoln Alexander, Jeff Patterson,

Hon. Portia Simpson Miller, His

Excellency, Raymond Wolfe

GOLF CLASSIC TOURNAMENT

Under the distinguished patronage of The Honourable Lincoln Alexander, former Lieutenant Governor of Canada, the Jamaican Canadian Association will be holding its first annual Charity Golf Classic fundraiser on Saturday, August 26, 2000 at the Bolton Golf Club in Bolton, Ontario. In a wonderful show of support for this worthy effort, Jamaican Minister of Tourism and Sport, the Honourable Portia Simpson-

Miller took time out of her busy schedule while in Toronto recently, to meet and encourage the team behind the plans. Jamaica's High Commissioner to Canada, His Excellency Raymond Wolfe was also in attendance.

Proceeds from this event will help support the Association's Capital Building Fund Campaign. The event will be a great opportunity for experienced and novice golfers alike, to play a game of golf amidst friends and supporters of the JCA.

There will be several prizes to be won by participants. Prizes include a trip for one (1) to Jamaica (sponsored by the Jamaica tourist Board); a \$1500 hole-in-one prize (sponsored by L.J. Barrett

Electrical Contractors, owner of Brantville Construction); and dinner for four at the Jockey Club. Full registration package includes a warm-up on the driving range, power cart, 18 holes of golf, skill competitions, video highlights, 19th hole lunch reception, and a prize table.

This exciting event costs \$125 per person or \$35 for those who would only like to attend the lunch portion of the event.

For questions, please call (905) 726-4488 or Erma Collins at the JCA 416-746-5772 ext. 252. Registrations can be mailed to: JCA CHARITY GOLF CLASSIC, c/o Golf Tournaments Inc., 43 Lensmith Drive, Aurora, Ontario, L4G 6S1

QUARTERLY MEETING

SUNDAY AUGUST 27, 2000
2:00 P.M.

JCA CENTRE, 995 ARROW RD.

For further information,
call the JCA at (416) 746-5772

Editorial

The importance of participating in the political process.

Here we are in the year 2000, having had to fight tooth and nail to establish the first and only black community centre in Ontario. Although we spent countless hours meeting with elected representatives as well as writing hundreds of letters to solicit financial support from various levels of government, this achievement came solely on the back of the goodwill of regular folks. Although a number of community centres outside of the African/Canadian community were funded by federal as well as provincial grants, we at the Jamaican Canadian Association did not get one penny from governments. The question remains, why are we being treated differently?

The African/Canadian community for years sought to have a voice in the local media. It took over 12 years of trying, millions of dollars and countless hours being spent, before a license was granted to operate a black radio station. This along with the Jamaican Canadian Centre's experience has left indelible questions, and one way we can start getting answers is to become part of the decision-making process. We must become citizens and add our voices and votes to the political process. By so doing we will get political respect and be better able to hold government accountable for meeting the needs of the community.

With that in mind, let us remember that we will be voting at the municipal level in November 2000. Sometime between now and spring of 2001 we will be voting in the federal election. As a people we must participate. We must ask the candidates seeking our

votes, especially those from the governing party why they have not given financial support to such a worthy cause as our community centre. We must ask them why they have put us through the wringer for 12 years before granting a radio station. We must ask them to justify the seemingly double standard in how the immigration act is enforced. And we must go out and vote.

Obtaining citizenship is the first step to commanding the respect of elected representatives. Until you have voted, you really should not make a comment about the horrors that emanate from a system skewed against our community. If you are a landed immigrant, with more than 3 years in Canada, get your citizenship and get out and vote. **Make your voices heard!**

Jamaican Canadian Association

DISTRESS FUND Helping those who need it in Canada and around the World

Please continue to support this fund by donating to
Royal Bank Account
Number 107-651-2,
Transit Number 06702-003
Or directly to the JCA at
995 Arrow Road, Toronto, Ontario,
M9M 2Z5, 416-746-5772

The Jamaican Canadian Association. 37 Years of Service and Comittment!!



IN Focus

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Arrow Rd., North York,
Ontario, M9M-2Z5, Telephone

(416) 746-5772, Fax: (416) 746-7035

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President's Report

By Herman Stewart

It is summer time again, which means it is time to get involved with our annual fundraising raffle. Our campaign is off to a very slow start. Since our launch in late April we have distributed 22,000 tickets, slightly less than half of the 50,000 tickets printed. Our goal this year is to double the amount of tickets sold last year, which means we have to sell 32,000 tickets. So far, we have sold less than 2,000 although we are at the half way mark of our four-month campaign.

I am urging all those who have not yet done so, to get involved by either purchasing and/or selling tickets. If for whatever reason you cannot support the raffle please make a \$5.00 contribution to our campaign.

In other news, the chairperson of our capital fundraising committee, Erma Collins, is stepping down as chair. We will miss Erma's commitment and hard work. She has done a wonderful job in securing funds for our community centre.

Another hardworking member, Uriel Soares, is also resigning from the board and as chairperson for the building committee. Uriel's hard work and dedication will be a great loss to the Association.

By the time this newsletter reaches you we should have completed the

transformation of the members' lounge into a social club for our members and their friends.

In this election year I am urging everyone to get involved in the electoral process. We must let our voices be heard. As taxpayers we have a right to be heard.

I did not get any feedback on the new format for our annual general meeting. I need to know your views so let me hear from you. Please send your suggestions and/or comments to the *Editor, In Focus* at 995 Arrow Road, Toronto, Ontario, M9M 2Z5.

I hope you are having an enjoyable summer and look forward to seeing you at our membership meeting on Sunday, August 27th.

Jamaican Canadian Association

Presents

The First Annual - *GOLF CLASSIC TOURNAMENT*

at

Bolton Golf and Country Club

Bolton, Ontario

on

Saturday, August 26, 2000.

T-Off at 8:00 a.m.

Banquet and Presentation
Ceremony to be held at JCA
Centre on Sat., Sept. 2, 2000.

PLAYERS WANTED

Contact JCA Office
(416) 746-5772

Letters to the Editor

Reflections on the Annual General Meeting of the JCA

By Neville R. Ross (JCA Member)

Despite the relaxed and friendly atmosphere of the Annual General Meeting, I was impressed by the orderly and democratic manner in which the meeting was conducted. The professional manner in which the finances of the Association was presented to the members enabled even someone like me, whose knowledge of accounting is zero to have no difficulty in understanding the financial status.

The Executive of the JCA must be commended for the excellent work they are doing. The President also warned us not to rest on our laurels. It augurs well for the future of the JCA that within this organization there are members who, without

fanfare, selflessly give of their time and also contribute financially. It was fitting that the President acknowledged their contributions and praised them for their efforts. These stalwarts should inspire us all to volunteer our services in making the JCA a better organization to serve our community.

Judging by the forceful manner in which our President articulated the need to rid our community of the "cancer" of drugs and violence, I believe that soon he will enlist the services of the JCA to bear down on this "illness" that is afflicting some in our community. This is a challenge worthy of our organization's support.

In this society which is so eager to tar us all with the same brush of criminality

Welcome to the Team

Vivienne Nelson
Parenting Co-ordinator

On July 11, 2000 I joined the staff team at the Jamaican Canadian Association. As the new Parenting Co-ordinator I look forward to this challenge of making a difference in the lives of families.

Based on my background as a Child and Youth Counselor and working in the Caribbean community for over fifteen years, my expertise lies in the areas of youth, family, women and the elderly including community development, education and public policy.

The strength and knowledge I have acquired is through my commitment to people in general, communities and my clients who have provided the building blocks for my role in serving people at my previous job. I bring to this position the same commitment and enthusiasm. I am cooperative, eager to learn and possess excellent people skills. I communicate well, have a positive outlook and I am honest and hardworking.

I immigrated from Clarendon, Jamaica twenty-two years ago. I have honed my skills both in Canada and Jamaica. My many awards and recognition for leadership and outstanding service are

true testaments of my unwavering commitment to service.

Thanks to the team who has welcomed me so warmly and have made themselves available to assist me. I have no doubt that I will continue to be dedicated, making a difference in people's lives. I feel privileged, because I am poised to make a worthwhile contribution to this organization.

Congratulations to Our New Board Members

Congratulations to our new Board Members. Barbara Thomas (Fundraising), Barrington Morrison (Education), Patrick Chambers (Youth Affairs) and Karen Smith (Membership). On behalf of the Board and the membership, welcome and may you find your term to be both challenging and rewarding.

A heartfelt thank you to the members who have left us and are now functioning as part of the transition team as well as participating in various other capacities within the Association.

FAMILY OUTREACH 2000

Submitted by Errol Bonner

The Family Outreach 2000 is an initiative to bring the Jamaican Canadian Association's settlement and family services to new immigrants directly in their communities, through churches.

Churches are a key part of the African/Caribbean family life and have recognized the importance of the church in families' spiritual and social development. The church is one of the first places where new immigrants find and establish contact with the community in Canada.

Jamaican Canadian Association will bring settlement and family counsellors to a church location to deliver newcomer family service clinics.

The clinics will offer one-on-one immigration counselling, and group information sessions on important issues such as: Living with Caribbean or African culture in a Canadian society; Children's Aid and its impact on Caribbean/African families; Preparing for and adjusting to the stresses of reuniting newly arrived children/youth and their parents.

The church and congregation will benefit through improved families' access to settlement and family services, by bringing such services directly to them. Another benefit is by educating families about issues and policies in the wider society that impact on their development. This will also strengthen the churches and congregations support network in the wider community, through collaboration and partnership community social services.

For further info. call Errol Bonner at 746-5772 Ext. 225/ Joe Boateng at Ext. 222.

FUNDRAISING COMMITTEE

J.C.A Walk-A-Thon, Submitted by Bruce McDonald

The morning of May 3rd, 2000 was warm and bright and, yes, it was also the JCA's 18th Annual Walk-A-Thon. It turned out to be a very nice day for a walk.

I had the privilege of welcoming everyone in the hall and I noticed there were many new faces among the regulars. It was gratifying to see so many people there for the first time. We sincerely hope that trend will continue.

Some changes being considered by the committee are:

- Start the walk later to accommodate those who rely on public transportation to be there on time
- Redesign the appreciation certificates
- Distribute the certificates right after the walk

This is the first time in the history of the walk that we collected \$6000 on the first day. Thank you and keep up the good work.! To date (July 13, 2000) the total collected is \$11,074. Our sincere thanks to the following people for their support:

- Mr. Herman G. LaMont, Consul General for Jamaica
- Mr. Deon Williams
- Ms. Judy Sgro, M.P.
- Mr. Rob Davis, Councillor

A special thanks to Deon Curling, who gave us a thorough work-out to loosen the joints that were daring to do something they had not done for such a long time. As well, on behalf of the committee thanks to our very generous donors:

Grace Kennedy
Cott Beverages
Michel's Baguette
Timex Canada
Ontario Place
CN Tower
Ontario Science Centre
Black Creek Pioneer Village
Laura Blair
Tim Horton's
Knob Hill Farms
Tastee Patties

To all the participants, Walk-A-Thon Certificates will be available for pick up at our next quarterly meeting on August 27, 2000.

Letters continued

while marginalising our achievements, the onus is on organizations like the JCA to make known to the society at large, the positive contributions being made to our community. This should give the electronic and print media the opportunity to focus on the achievements and not the minor criminal elements in our midst. It is important to note that in this great mosaic, every ethnic group has a criminal element. We can no longer remain passive while the image of the community is distorted. I am proud that the JCA has stood with families who have lost loved ones and helped them to receive decent burials. This certainly underlines the compassion of the Association.

The services being provided by the JCA should not be hidden. A lit candle should not be hidden under a bushel. I say to the JCA, continue to "Let your light so shine before men, that they may glorify your Father who is in Heaven."

Editor's Note: Letters to the Editor are always welcomed

**The
Jamaican
Canadian
Association.
37 Years
of
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and
Comittment!**



Women's Space

WOMEN IN POWER AND DECISION-MAKING ROLES

This is the first of a number of articles on Women in Power and Decision-Making Roles that will be submitted by the JCA Women's Committee in this section of In-Focus.

Senator Syringa A. Marshall-Burnett, CD, RN, RM, PHN, BScN, MAN

Source: Reflections - Imagining the worlds we wish for by Hermi H. Hewitt

In an extraordinary tenure in the Jamaican parliament, Senate President Syringa A. Marshall-Burnett takes her nation to new levels in health, housing and nursing.

Kingston, Jamaica - Television cameras for the popular news show "Profile" on Jamaica Broadcasting Corporation Television roll on government and health leader Mrs. Syringa Marshall-Burnett in the early 1990s.

With each question the host asks comes one of Mrs. Marshall-Burnett's artful stories about someone other than herself: Mary Seacole, a pioneer Jamaican nurse; Louise Bennett, a folk artist; her mother, who traveled to England, Cuba and Canada to explore larger worlds than her own.

Mrs. Marshall-Burnett turns attention on rural nurses who need to take part

in continuing education studies at urban schools. Being current is imperative, but no temporary housing exists for them. As a result, rural nurses, vital to public health, forfeit their dreams for the caliber of care they wish to give. The host ends the show and quips that this leader has yet to speak of herself, the entire point of the show.

Soon afterward, an adroit Mrs. Marshall-Burnett, president of the Jamaican Nurses Association and chair of the Department of Advanced Nursing Education at the University of the West Indies, Mona, successfully negotiates with the National Housing Trust to obtain low interest loans to erect a hostel for nurses.

On still another TV talk show, "Morning Time", Mrs. Marshall-Burnett tells of an annual nursing research conference. Viewers learn as much about the enormous workloads of nurses in comparison to physicians as they do about research and practices that lead to better care. Can citizens settle for such short shifts?

In a brilliant gusto of work and words, she directs viewers to the greater good. We can improve conditions for women, elderly, children and health for all citizens. Let me count the ways, she considers, with warmth as effusive as the sun-drenched beaches of her homeland.

It is no wonder that the indefatigable Mrs. Marshall-Burnett now grasps the anvil of Parliament

and hammers out the concerns of the country as president of the Senate of Jamaica, the first nurse to hold the office. She was first elected to the post in 1995 and was re-elected in 1998. She has been a member of the Joint Select Committee of Parliament that reviews reports from the reform committees and makes decisions on sweeping changes.

Jamaica, a parliamentary democracy and an independent country, is part of the British Commonwealth. Its Prime Minister and House of Representatives are elected by the people. After general elections, senators are chosen by the new Prime Minister and Leader of the Opposition party. Prime Minister P.J. Patterson - celebrating his third victory - appointed Mrs. Marshall-Burnett again with good reason.

As Senate President, she had already presided over the debate and passage of the Mental Health Act of 1995, replacing the Mental Hospital Act of 1873, archaic by every measure. The old act made provisions for custodial care of the mentally ill and gave police and psychiatrists the power to issue arrest warrants for "lunatic" persons.

The new act blows individual rights and protection to the fore, and primary health care comes of age. It defines the role of the community mental health nurse who cares for mentally ill persons. Nurses hold legal rights to assess, treat, refer and admit mentally ill patients to hospitals. A nurse may conduct family counseling, initiate drug therapy, discharge patients from hospitals and provide follow-up care. With few psychiatrists on the island and none over most of the countryside, nursing's fruits of

CONTINUED ON PAGE 7

Worth Repeating, Again

Toronto's dirty little secret is revealed

The Toronto Star under its Opinion and Editorial page has a column called "Worth Repeating". This column only repeats things that as the title says, is worth repeating. When the Star finds it necessary to repeat the Editorial from one of our very own community paper, we have got to believe that it is not only "worth repeating", but that it is "worth repeating, again."

The Editorial in the Share Newspaper for the weekend of July 22 carried a report on the number of black immigrants living below poverty in Toronto. *In Focus* believes this report is worth repeating, again. Here is the excerpt printed by the Toronto Star in its Tuesday, July 25 edition.

One wouldn't think this report was referring to Toronto, the richest city in this country. One wouldn't think that the city referred to was in Canada, rated year after year by the United Nations as the best country in the world in which to live.

But, there it was. A report commissioned by the city of Toronto and written by York University professor Michael Ornstein, revealed that a disproportionate number of black immigrants in this city were living in poverty. The numbers in some cases and for some groups were as high as 40 per cent, compared to that of white immigrants at about 10 per cent.

When the number of children living in poverty was factored in, the numbers rose dramatically.

Ornstein is very clear that the reason for the disparities in income between whites and blacks is race.

"Poverty is based on race to a disturbing

level," he says. "The more visible you are, the more difficulties you have. It is clear the groups that are worst off are black."

"There's clearly a very big race dimension to it. . . These things are really built into our social structure."

Women's Space continued

labor come after decades of unfulfilled wishes.

In 1996, the Ministry of Health asked Mrs. Marshall-Burnett to develop an academic program to introduce mental health nurse practitioners into the health care system. As chair of the university's advanced practice nursing program, she ran with the opportunity. As soon as the curriculum was developed and presented to the Ministry, Mrs. Marshall-Burnett began a program that achieved its first mental health nurse practitioner graduation in 1998.

Mrs. Marshall-Burnett subscribes to the wider definition of health, becoming involved in issues and practical activities that benefit overall well-being, such as improving living conditions for Jamaicans. To her, housing is an extension of health care and a necessary way to contribute to social justice. She helped formulate a policy and mortgage committee to create a statutory Board of the National Housing Trust. Since its 1976 inception, the trust has provided 57,126 homes with nearly \$14 billion in low-interest loans for residents with low incomes. Five percent of the loans go to people with disabilities. The massive program marks historical redirection and reinvention, each Jamaican hearth a shield against torrential rain and harm.

When possible, older adults are best served when they live amidst family and contribute to the welfare and social development of loved ones, she believes. The roles of community institutions, such as churches, are also critical. Consequently, a church-based senior citizens home was established in 1989 to help those in the religious community.

Mrs. Marshall-Burnett's national contribution began as far back as clinical practice at the affiliated hospital of her nursing school. She started nursing education in 1953 at the Kingston School of Nursing, formerly Kingston Public Hospital Teaching Department, and was one of the youngest nursing students in her class. She met the qualification requirements for entering nursing school two years prior to the normal age of acceptance.

Following a short stint as staff nurse, she realized that secondary nursing care was not how she wanted to contribute to health. She entered hotel nursing,

CONTINUED ON PAGE 11

Executive Director's Report

Immigration Bill Proposes Changes to Permanent Resident Status

Canadian Citizenship may be the best way to go for landed immigrants, if the current immigration bill, Bill C-31, gets approval by Parliament.

Among the changes immigration minister Elinor Caplan is proposing for landed immigrants, known officially as permanent residents are:

- **Diminished status:** Permanent residents would have no more status than other "foreign nationals" such as refugee claimants, visitors, foreign students and temporary workers.
- **Renewable identity card:** A permanent resident would need to carry an identity card renewable every five years.
- **Less security with loss of card overseas:** If the permanent resident identity card is expired, lost or stolen while the person is overseas, he or she would be presumed not to be a permanent resident. The person could not board a plane, or if the person reaches Canada, he or she could

be denied entry. The onus is on the person to prove permanent residency status by other means to Canadian immigration officials. (Compare this with Canadian citizens – if they lose their passport while abroad, they are presumed to be citizens and it is much easier to get a replacement from the overseas immigration office.)

Other proposed changes in the bill include:

- **Easier family sponsorship:** Family class would be expanded to include not just legal spouses but common-law partners (including same-sex partners). The age limit for dependent children would be increased from 19 to 22, and it would be easier to admit family members who are ill. Right now a person must be 19 to sponsor a relative – that age may be reduced to 18.
- **New restrictions on sponsors:** Anyone convicted of domestic abuse would not be able to sponsor, although officials will be able to make exceptions. Also, a person

currently on social assistance (welfare) would not be allowed to sponsor a spouse or dependent child.

- **Shorter sponsorship periods:** The bill proposes to lessen the sponsorship agreement period from up to 10 years to three for spouses and common-law partners. This would give sponsored spouses the same rights as other immigrants sooner.
- **Crackdown on fraudulent immigration counsellors:** The bill proposes a fine of \$100,000 or imprisonment for up to five years for anyone who helps someone gain immigration status by fraudulent means, or who counsels someone to misrepresent themselves to gain status.
- **Automatic deportation:** This will occur without appeal for criminal conviction carrying a sentence of two or more years' imprisonment.

(Sources: Ottawa Carleton Immigrant Services Organization "Ottawa Community Concerns Regarding Bill C-31."; Citizenship and Immigration Canada "Bill C-31 Immigration and Refugee Protection Act: Overview"; Caledon Institute of Social Policy "The New Immigration Act: More Questions Than Answers"; and Community Legal Education Ontario (CLEO) "The Ins and Outs of Bill C-31".

SENIORS CLUB



995 Arrow Road, Tues. & Thurs., 11 a.m. - 4 p.m.

Our activities Include:

arts and crafts, choral group, discussions, seminars and field trips. Come and meet people who will treat you like family and a friend!! For more information call

"You and Your Health"

Diabetes – A Growing Concern for the Black Community Studies Show, Exercise is Necessary

Keeping active is a sure way for a person with diabetes to live longer. Studies have shown that exercisers have a lower risk of developing diabetes. Those who already have diabetes, exercise controls the various conditions associated with it, e.g. weight gain and heart diseases.

In a study published in the Annals of Internal Medicine, 1,263 men with type 2 diabetes (at least 90% of all cases in the US) were studied. (*The cells in the body become resistant to insulin when you have Type 2*). The men in the study were given a thorough physical examination, including an exercise test. Based on results, their fitness levels were ranked and over an average of 12 years of follow-up, they completed questionnaires on their physical activities. The activities included walking, jogging or taking part in aerobic exercise programs.

During the period of study, 180 men died. Men in the group that were less active were 2.1 times more likely than those in the more active group to die from any cause, including heart disease which is a major cause of death among diabetics. As the fitness level increased, the amount of deaths shrank. Men who are not physically active were 70% more likely to die than those who were physically active. These findings give doctors a greater reason to encourage their patients to engage in even light exercises.

Any form of physical activity is better than none at all. Just walking briskly for 30 minutes per day will help reduce the risk of death from diabetes. Diabetics should discuss any and all form of exercise programs with doctor before embarking on physical activity.

A report in the Journal of the American Medical Association from a nine-year study, which started in 1986 states that, black women are at greater risk of developing adult-onset diabetes than white women. 12,107 healthy women between 45 and 64 were studied and results showed that one in four black women developed diabetes, while one in 10 white women did so. That is, black women are 2.4 times more likely to develop diabetes than white are. It has long been known that middle-aged black women more often have both high blood pressure and diabetes than white women of the same age group do. Studies have also suggested that poor diet, high blood pressure, body fat and the lack of exercise are some of the reasons for these higher factors in black women.

With these findings, everyone should consider getting involved in some level of exercise program – at least walking daily.

JAMAICAN CANADIAN ASSOCIATION CAR RAFFLE 2000

Support the JCA's Annual Car Raffle and you could win:

- | | |
|-----------------------|--|
| 1 st Prize | 2000 Dodge Caravan Minivan
(Co-Sponsored by Agincourt Chrysler, Inc.) |
| 2 nd Prize | Caribbean Cruise for 2
(Donated by Fay & Vincent Conville) |
| 3 rd Prize | Personal Pentium Computer
(Donated by Western Union & Nicey's Food Mart) |
| 4 th Prize | Trip for 2 to Jamaica
(Donated by Canada 3000 Airlines) |
| 5 th Prize | 27" Colour Television
(Donated by Joy Foods Catering Service) |
| 6 th Prize | Microwave Oven
(Donated by Karl & Son) |

Tickets are \$5.00 each. Call the JCA at 416-746-5772 for the Ticket Seller Closest to you.

PRIZE FOR THE TOP TICKET SELLER – Round Trip to Montego Bay Jamaica, donated by Speedfreight Forwarding

Tid-Bits

Submitted by Alton Telfer

On Wednesday, July 5th, 2000 I was invited to visit McMaster University in Hamilton, to meet nine (9) high school students visiting from Montego Bay, Jamaica. They were here to compete in the International Children's Games Millennium Festival. The word 'festival' is misleading because it had all the attributes of the International Olympic Games. Competitors came in from various parts of the world as well as various provinces in Canada. I was very proud and elated to see these thirteen (13) year-old boys and girls from Jamaica in the mix.

It was also gratifying to see Jamaica, such a tiny country on the map, but with such a huge heart and large spirit, take the gold in the boys 400 metre relay and soon thereafter the gold in the girls 400 meter relay. In the long jump competition, most countries average 5.4 metres, however, Jamaica's Rayon Golding took the gold at 6.5 metres

jump. The final medal standing for Jamaica included four gold, one silver and one bronze. The question is how can a little country like Jamaica enter only nine contestants and walk away with so many medals, more than many of the other countries that are referred to as "big"? Have you heard the proverb, "we little, but we talawa?" Well, that sure describes Jamaica to a "T".

It is deserving at this time to pay tribute to Bill DeLisser of Hamilton, and His Worship, Hugh Solomon, the Mayor of Montego Bay. Bill responded to a request for Jamaica to participate in the games and contacted the Mayor. The Mayor was immediately attracted to the request and met with Bill who flew to Montego Bay to make arrangements. The team eventually arrived in Canada under the distinguished patronage of Jamaica's Consul General, Herman LaMont and were royally hosted by Bill and his family and the Jamaican community of

Hamilton. The team left Canada much heavier than they came. Afterall, gold, silver and bronze does weigh a lot! CONGRATULATIONS BOYS AND GIRLS! Once again, you have made your country proud. Keep up the good work. Thanks Bill and all who participated.

As a reminder, in the last issue of *In Focus*, you were informed that JCA would be hosting the first annual Charity Golf Classic at Bolton Golf and Country Club. This will be held on Saturday, August 26, 2000 with Tee-off at 8:00 a.m. There are several valuable prizes to be won, including a trip to Jamaica. There is still room available for you, your family and friends. Please call the JCA at 416-746-5772 to register. Come out, participate and enjoy a fun-filled day. You may be the lucky one to get a "hole-in-one" and win the \$1500 prize. I hope to see you on the course

In conclusion, I must wish you and your families a safe and enjoyable summer. Please remember the Independence Banquet and Dance on August 12th at the Jamaican Canadian Centre, 995 Arrow Road starting at 6:00 p.m. Call the JCA at 416-746-5772 for tickets.



Some of the kids at
JCA's Children Bun
& cheese party.
Having a great
time!!

Women's Space continued

Jamaican tourism. This was her opportunity for preventive and promotive health in the top industry. Jamaica, a parliamentary democracy and an independent country, is part of the British Commonwealth. Its Prime Minister and House of Representatives are elected by the people. After general elections, senators are chosen by the new Prime Minister and Leader of the Opposition party. Prime Minister P.J. Patterson - celebrating his third victory - appointed Mrs. Marshall-Burnett again with good reason.

As Senate President, she had already presided over the debate and passage of the Mental Health Act of 1995, replacing the Mental Hospital Act of 1873, archaic by every measure. The old act made provisions for custodial care of the mentally ill and gave police and psychiatrists the power to issue arrest warrants for "lunatic" persons.

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mentally ill patients to hospitals. A nurse may conduct family counseling, initiate drug therapy, discharge patients from hospitals and provide follow-up care. With few psychiatrists on the island and none over most of the countryside, nursing's fruits of labor come after decades of unfulfilled wishes.

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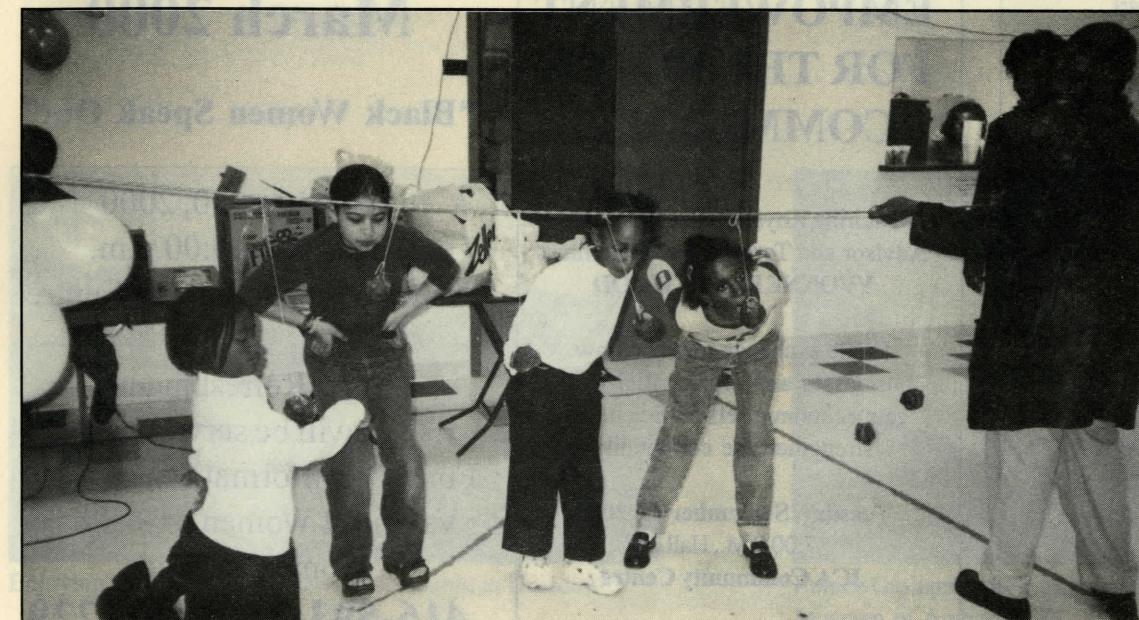
Mrs. Marshall-Burnett subscribes to the wider definition of health, becoming involved in issues and practical activities that benefit overall well-being, such as improving living conditions for Jamaicans. To her, housing is an extension of health care and a necessary way to contribute to social justice. She helped formulate a policy and mortgage committee to create a statutory Board of the National Housing Trust. Since its 1976 inception, the trust has

provided 57,126 homes with nearly \$14 billion in low-interest loans for residents with low incomes. Five percent of the loans go to people with disabilities. The massive program marks historical redirection and reinvention, each Jamaican hearth a shield against torrential rain and harm.

When possible, older adults are best served when they live amidst family and contribute to the welfare and social development of loved ones, she believes. The roles of community institutions, such as churches, are also critical. Consequently, a church-based senior citizens home was established in 1989 to help those in the religious community.

Mrs. Marshall-Burnett's national contribution began as far back as clinical practice at the affiliated hospital of her nursing school. She started nursing education in 1953 at the Kingston School of Nursing, formerly Kingston Public Hospital Teaching Department, and was one of the youngest nursing students in her class. She met the qualification requirements for entering nursing school two years prior to the normal age of acceptance.

Following a short stint as staff nurse, she realized that secondary nursing care was not how she wanted to contribute to



The race is on!!
Children
participating in
Bun eating
contest.

THE SATURDAY MORNING TUTORIAL PROGRAM BY THE JCA

Submitted by Joe Boateng
(Program Coordinator)

June 24, 2000, saw the end of yet another very fruitful year (1999-2000) of the Saturday Morning Tutorial Program that is run by the Jamaican Canadian Association in conjunction with the North York Board of Education.

As usual, there was a gathering of the parents, volunteer-tutors and some of the members of the Board of the Association to give the closing session a fitting ceremony.

In his keynote address during the occasion, the President of the Association, Mr. Herman Stewart had some encouragement and advice for both the parents and the students. For the parents, he admonished them to strive hard always to give their children good education. He noted that education is the only lasting inheritance that no one can take away from the

children once acquired. Education will also help the children to obtain good employment in future, he stressed.

For the students, the President encouraged them to cultivate reading habits. He emphasized that reading will help them to acquire the habit of critical thinking and free their minds from any false indoctrination. Furthermore, he advised them to use the facilities at their disposal carefully so that they will last for other generations to use them.

Later, the President assisted in the presentation of certificates to the students who participated in the program as well as the volunteer-tutors in appreciation of their commitment, dedication and sacrifices made in tutoring the

students.

The program is geared primarily towards children who are in grades 1-8 and is held on Saturdays from 10am to 1pm. They are assisted to do their homework in Mathematics and English Language and it also has a heritage component, whereby the students are given lessons in their cultural and historical background.

Students engage in other activities such as keyboarding on the computer, playing chess, netball or basketball. Occasionally, field trips to places of interest in the city are also organized.

The next session of the program will begin in the second week of September 2000. To enroll children in the program call the JCA at (416) 746-5772 ext. 0 or the Program Coordinator at (416) 746-5772 ext. 222.

Women's World March 2000

"Black Women Speak Out"

September 30, 2000
12 Noon to 6:00 p.m.
Driftwood Community Centre

Light Refreshments
will be served.

For more information, contact:
Valarie at Women's Health in
Women's Hands
416-593-7655 ext. 229

Web Sites to Check Out

Submitted by C. Cameron-Stewart

www.discoverjamaica.com/g...r/whoswho/
Jamaican Directory of Personalities

www.buildjamiaca.org/
Building hope for Jamaica

www.blackwebportal.com
Internet Search Engine by Blacks

<http://lostfriends.chatelaine>
Trying to locate lost friends

FINANCIAL EMPOWERMENT FOR THE BLACK COMMUNITY!

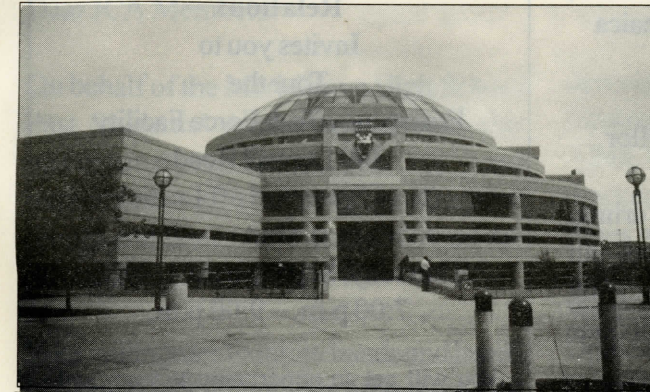
Featuring Royal Bank Community
Advisor and Toronto Star Columnist
YVONNE BLACKWOOD

Come exchange ideas on how
businesses and organizations can
gain economic self-sufficiency to
strengthen the community

Tuesday, September 25, 2000
7:00 P.M., Hall 2
JCA Community Centre

UNDERGROUND RAILROAD TOUR

On July 1, 2000 nearly 100 people left JCA Centre bound for the Underground Rail Road Historical Tour. This was a tremendous experience for all and one can only encourage another such tour. Here are some sites from the tour.



African American Museum in Detroit



M. Easton, P. Ford, E. Graham and M. Cameron with a large group inside the AA Museum



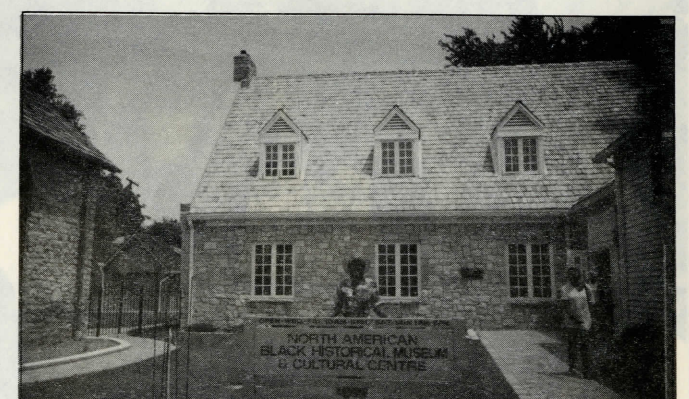
Phyllis Walker with Nkenga the local Griot at the Shrine of the Black Madonna



Large Crowd at the John Freeman Walls Historical Site in Puce, Ontario



Enjoying the Grounds at Uncle Tom's Cabin in Dresden



Eunice Graham at the North American Black Historical Museum in Amherstburg

FUNDRAISING COMMITTEE

J.C.A Walk-A-Thon

Submitted by Bruce McDonald

The morning of May 3rd, 2000 was warm and bright and, yes, it was also the JCA's 18th Annual Walk-A-Thon. It turned out to be a very nice day for a walk.

I had the privilege of welcoming everyone in the hall and I noticed there were many new faces among the regulars. It was gratifying to see so many people there for the first time. We sincerely hope that trend will continue.

Some changes being considered by the committee are:

- Start the walk later to accommodate those who rely on public transportation to be there on time
- Redesign the appreciation certificates
- Distribute the certificates right after the walk

This is the first time in the history of the walk that we collected \$6000 on the first day. Thank you and keep up the good work.! To date (July 13, 2000) the total collected is \$11,074. Our sincere thanks to the following people for their support:

- Mr. Herman G. LaMont, Consul General for Jamaica
- Mr. Deon Williams
- Ms. Judy Sgro, M.P.
- Mr. Rob Davis, Councillor

A special thanks to Deon Curling, who gave us a thorough work-out to loosen the joints that were daring to do something they had not done for such a long time.

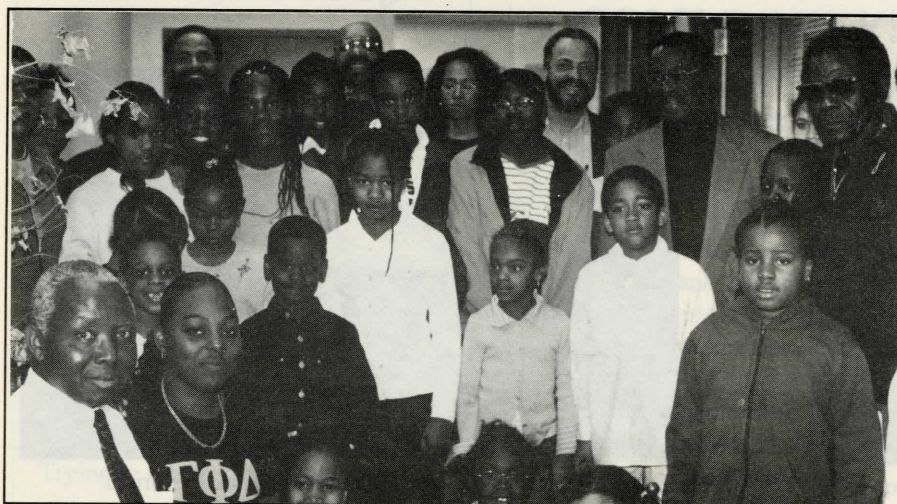
As well, on behalf of the committee thanks to our very generous donors:

Grace Kennedy
Cott Beverages
Michel's Baguette
Timex Canada
Ontario Place
CN Tower
Ontario Science Centre
Black Creek Pioneer

Village

Laura Blair
Tim Horton's
Knob Hill Farms
Tastee Patties

To all the participants, Walk-A-Thon Certificates will be available for pick up at our next quarterly meeting on August 27, 2000.



Your Are Invited

Toronto Committee on Community Race & Ethnic Relations

Invites you to
Tour the
Emergency Task Force Facility
300 Lesmill Road
(S. of Sheppard off Leslie)

On
Thursday, September 14, 2000
7:00 p.m. – 9:00 p.m.

You will get an opportunity to learn and understand what training the officers receive and under what circumstances their services are required.

Negotiation techniques
Less lethal apprehension methods for people armed with non-firearm weapons

Tear Gas, what it is, how it is used without causing injury

Rubber projectiles, how and when Lethal weapons as a last resort in the preservation of life.

The real people, with the same emotions as everyone else, behind the uniform

All are welcomed and encouraged to attend. **EVERYONE MUST** register before September 14. Please RSVP Sam Wilks @ 416-494-2253 or 416-395-6475 to register or leave your name and number at 416-746-7552 ext. 260. (See insert for info on the ETF Unit)

*Students & tutors
from JCA's
Saturday morning
tutorial program*

From MGHS Past Students' Association with Love

Dear JCA Members:

On behalf of the Merl Grove High School Past Students' Association, I take this opportunity to thank you for your tremendous support during our inaugural dinner and dance held at the JCA centre on Saturday, May 27th.

Your willingness to throw hands and hearts in helping us immediately after the AGM and throughout the evening, is truly a reflection of the wonderful people that make up this noble Association.

It is impossible to thank everyone by name, however there are a few we would like to make special mention of. Thanks to Sandra Whiting for so graciously emceeing the evening. To Hermaine Johnson for your

devotion to see us succeed. To Jean McIntosh our caterer. To Vivian Allen and Aubrey Harriot who worked so hard in the bar. Many times we have wondered, what would we have done without you? We thank you. To Herman Stewart, Uriel Soares, Amy Nelson, Vincent Conville, Valarie Steele, Pauline Reid (who is a past student of MGHS), Francella Moore, Alton Telfer and Desmond Marrett, your help will forever live in our memory. Finally a special thanks to Jamaica's Consul, Deon Williams and to Michael Van Cooten of Pride News magazine for their invaluable support.

We want to know that because of all the support we received from everyone, we are now on our way to fulfilling our dream of supporting the information Technology Department of our Alma Mater. Once again, A MILLION THANKS!

Sincerely,

Claudette Cameron-Stewart
For Merl Grove High School Past Students' Association

LIST OF UPCOMING EVENTS

Flagraising Ceremony

Sunday, August 6
2:00 p.m.
Toronto City Hall, 2nd Fl. Podium

Independence Church Service

Sunday, August 6
4:00 p.m.
St. Michael & All Angels Church
611 St. Clair Ave. W.
(at Wychwood Ave.)

JCA Community Open House

Monday, August 7
12 Noon – 10:00 p.m.
JCA Centre

Jamaica Independence Dinner/Dance

Saturday, August 12
6:00 p.m.
JCA Centre

"JCA's Yes-We-Can Golf Tournament

Saturday, August 26
Starting 8:00 a.m.

Bolton Golf Club
(West side H'way 50)
6km N. of Bolton

Quarterly Membership Meeting

Sunday, August 27
2:00 p.m.
JCA Centre

Fundraising Dance & Car Raffle Prize Drawing

Saturday, September 9
8:00 p.m.
JCA Centre

JCA Seniors' Dinner

Sunday, September 17
2:00 – 5:00 p.m.
JCA Centre

Quarterly Membership Meeting

Sunday, November 26
2:00 p.m.
JCA Centre

JCA Members Appreciation Evening

Saturday, October 14
JCA Centre

Halloween Brunch

Date to be Announced
JCA Centre

"One Stop" Christmas Shopping Bazaar

Saturday, December 2
Time to be Announced
JCA Centre

JCA Children's Christmas Party

Sunday, December 10
2:00 – 5:00 p.m.
JCA Centre

New Year's Eve Gala

Sunday, December 31
8:00 p.m.
JCA Centre

Cook's Corner

Cook's Corner

*Submitted by Claudette
Cameron-Stewart*

*These recipes are for my friends
who said they can't cook chicken
and asked, can you put a recipe
on how to? Enjoy!*

Fricasse Chicken

Ingredients

1 Chicken (or leg(s)/quarters – 2 –
3 lbs.)
Onions and Escallion (to taste)
Garlic (at least 2 cloves)
Thyme (to taste)
Jamaican Pepper & Black Pepper
(to taste)
Pinch of Salt (if desired)
2 tsp. Ketchup
1 tbsp. Soy Sauce
Cooking Oil (For frying)

Method

Clean chicken (contains less fat if
you remove skin); wash in lime/
lemon or vinegar water. Cut into
serving pieces. Season with onions,
garlic, thyme and Jamaican Pepper.
Let marinate (preferably overnight
in refrigerator). Heat oil in
saucepan or dutch pot, remove
seasoning from chicken pieces and
place in hot oil. Fry until golden
brown, (Don't burn) Pour off
excess fat leaving small quantity in
pot. Place fried pieces in pot. Add
a small amount of water, Ketchup
and Soy Sauce and Black Pepper
to seasoning and pour on chicken
pieces. Cover and cook slowly until
chicken is tender, but not overdone.
Serve with any side dish.

Oven Fried Chicken

Ingredients

3lbs chicken

¼ cup shortening

¼ cup butter

½ cup all-purpose flour

1 tsp. each salt and paprika

Black Pepper to taste

Method

As above, clean and wash chicken
in lime/lemon or vinegar water. Cut
in serving pieces.

In a shallow pan that will fit all the
chicken pieces in one layer, melt
shortening and butter in preheated
425F oven.

In a large plastic bag, combine
flour, salt, paprika and pepper.
Place chicken in mixture and coat
by shaking them in the bag.

Remove pan from oven and place
chicken pieces side down in butter
mixture. Cook uncovered for 30
minutes. Turn chicken pieces over
and cook until thickest pieces are
tender to the touch with a fork. Do
not over cook.

Serve as above.



JCA Summer

Camp 2000 -

Counsellors,

Staff & Camp

kids work

on totem